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**DARK MESSAGE
BLACK LICORICE
LINKED TO HEALTH
PROBLEMS** {page 16}



**FALLING
CRIME RATE
TAKES NOSEDIVE
IN HRM** {page 5}



HALIFAX

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Tuesday, November 15, 2011
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News worth sharing.

Dad seemed unready: Nurse

ANDREW VAUGHAN/THE CANADIAN PRESS



► Ashiqur Rahman follows his lawyer, Don Murray, at his manslaughter trial in the 2009 death of his baby daughter, Aurora Breakthrough, at Nova Scotia Supreme Court in Halifax yesterday.

► Man on trial for manslaughter and aggravated assault in death of baby girl

A Halifax man charged with manslaughter in the death of his infant daughter did not understand what the baby needed to survive, a public health nurse testified yesterday at the beginning of the father's trial.

Carmel McGinnis told Nova Scotia Supreme Court the three-day-old had no name, no clothes and no health supplies — aside from diapers — when the family met the nurse at their tiny, junk-strewn apartment on June 9, 2009.

McGinnis said the girl's father, Ashiqur Rahman, seemed anxious and frustrated because the child cried a great deal and took a long time to breastfeed.

"He said he had a business to run," McGinnis told the court. "He didn't realize that the baby was going to take so much time."

McGinnis said the baby appeared healthy and vigorous at the time, even though the young mother seemed somewhat immature.

"I thought that she was doing well with the baby," McGinnis said when asked about the girl's mother, Jane Elizabeth Gomes.

The parents were arrested July 24, 2009, after staff at the IWK

"He didn't seem to have a good understanding of what was normal."

**CARMEL MCGINNIS,
PUBLIC HEALTH NURSE WHO MET WITH
THE PARENTS OF AURORA BREAKTHROUGH**

Health Centre in Halifax reported a case of child abuse.

Seven-week-old Aurora Breakthrough died three days later.

Rahman has pleaded not guilty to manslaughter and aggravated assault. Gomes pleaded guilty in April to failing to provide the necessities of life and received a conditional discharge with six months of probation.

Donna Best, the Community Services worker assigned to look into McGinnis's concerns, testified Rahman told her they were unprepared for the birth because the girl was born almost three weeks premature.

Still, Best said the parents seemed open to her suggestions about getting help from a nearby community health clinic.

The trial by judge alone is expected to take two weeks.

THE CANADIAN PRESS

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Charges for man who struck, killed dog

An early evening walk ended in heartbreak for a couple walking their three dogs down Candy Mountain Road near Mineville this weekend.

The couple told police a pickup truck sped past them just before 4:30 p.m. on Sunday. There was an exchange between the parties and then the driver allegedly turned the truck around and drove it toward them, narrowly missing

them.

But one of their dogs wasn't so lucky.

Police say a 14-year-old female chocolate Labrador retriever named Meg was hit and killed.

RCMP spokeswoman Const. Tammy Lobb could not say whether the dogs were leashed at the time or if the alleged offender and victims knew each other.

Lobb said the suspect left the scene but police located

him shortly after at a nearby residence.

"An altercation broke out between (the suspect) and the police officers as he (allegedly) resisted arrest," Lobb said.

Jordan Donald Schreiner, 26, of Mineville appeared in Dartmouth Provincial Court yesterday to face charges of animal cruelty,

assault with a weapon, dangerous driving, failing to remain at the scene of an

Stiff penalties

Punishment for animal cruelty charges such as causing unnecessary suffering to an animal can range from five years in prison to a \$10,000 fine or 18 months in prison, the Criminal Code of Canada says.

accident, assaulting a police officer, resisting arrest and

causing unnecessary suffering to an animal.

The Nova Scotia SPCA said animal cruelty such as this is disgusting and not uncommon.

"Among the most common complaints are abandonment and hoarding, but cases of cruelty and abuse are frequently seen throughout Nova Scotia," said executive director Kristin Williams.

● HEATHER GILLIS

Polymer bills strike the right note

◆ \$100 bill is first polymer note in planned series ◆ Science theme lauds Canadian medical discoveries



HEATHER GILLIS
HALIFAX@METRONEWS.CA

There are more than 100 million \$100 bills in circulation in Canada.

And yesterday the Bank of Canada added more to the mix when it unveiled the new polymer \$100 notes.

The central bank says the new bill is more durable, secure and better for the environment than previous cotton-paper banknotes.

At 19 cents each, the new notes cost almost twice as much to make but they will last two and a half times longer, bank representative Monique LeBlanc said.

"So, over the long run, they're going to save money," she said.

That tears it

The waxy-feeling polymer bills do not tear easily and do not stay crumpled.

The bills are expected to save about \$200 million over the lifetime of this bill series. That's because they're more secure, too.

"Our goal with this note is to maintain counterfeiting rates at below our target of 50 per million banknotes in circulation," LeBlanc said.

"Recently the \$100 bill has been a target, so that's why we've chosen to start with the \$100 note."

The polymer material lets the bank incorporate two transparent windows, one with a hologram, for security. The hologram is



► Monique LeBlanc, senior regional representative for the Bank of Canada, shows off a new \$100 polymer banknote yesterday at the Dalhousie Life Sciences Research Centre yesterday.

the same on the front and back, and security numbers appear through the maple-leaf-shaped window when light shines through

it.

When they've reached the end of their lifespan, the polymer bills can be recycled.

The polymer \$50 will be released in March 2012, and the \$20, \$10 and \$5 bills will be unveiled and issued by the end of 2013.

1

news


In a bid to improve care of trauma patients, real-world surgeons will attempt to co-opt the sci-fi principle of suspended animation. Scan code for story.

To scan 2D barcodes in Metro, download the free ScanLife app at 2dscan.com.

At metronews.ca

Canada's new \$100 note is a major technological and esthetic departure. Watch a video of its unveiling at metronews.ca/video

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Protesting more effective at Province House: Coun.

► Occupy protesters without home base since eviction from Victoria Park on the weekend ► Want to be on firm legal ground next time they set up camp



RYAN TAPLIN/METRO

► Occupy Nova Scotia protester Chrissie Legere plays her guitar in front of Halifax Provincial Court yesterday. Legere and others were awaiting the release of three fellow protesters from custody.

HEATHER GILLIS
HALIFAX@METRONEWS.CA

Since they've been kicked out of Grand Parade and evicted from Victoria Park, perhaps Occupy Nova Scotia protesters should set up on the lawn of Province House, according to one HRM councillor.

Coun. David Hendsbee said the municipality might not be the appropriate target for the protesters.

"The province deals with corporation taxes, deals with corporate regulation, wage parity and income assistance, homelessness and

poverty," Hendsbee said.

"So why not take it to the level of government where they can discuss those issues more frankly?"

He said the lawn of Province House would be a more suitable demonstration site because the protesters would be in the shadow of the bank towers and in the place where Joseph Howe fought for freedom of speech and freedom of the press.

"Every other time there's a protest about government issues, they're usually held down around the legislature," said Hendsbee.

"Why are they not there?"

Their absence is deafening to me."

Another plus, the lawn of Province House is technically exempt from bylaw P-600, which was used to evict the protesters from Victoria Park and all other HRM parks, he said.

Speaker Gordie Gosse, who oversees the operations of Province House, said no protests have occurred on the lawn of Province House — only on the Granville Street side and outside the legislature's fence.

"We've had all kinds of protests here, but the protests are always on the

other side of the gates," said Gosse last night. "So I'll have to deal with whatever factors are involved in that when it happens."

But Gosse said nobody has ever pitched a tent on the lawn of Province House. "Right now it sounds too good to be true," said occupier Shawn Wilson while waiting for three fellow occupiers to be released from custody at Halifax provincial court yesterday.

"We need a space. That's what I'm here worried about right now — a spot that's public and politically strategic."

● WITH FILES FROM ALEX BOUTILIER

Occupy protesters released from jail

ADRIAN LEE
HALIFAX@METRONEWS.CA

Three Occupy Nova Scotia protesters were released from jail yesterday after being arrested at a Saturday rally in the Grand Parade.

Miles Howe, 34, and a 17-year-old youth were charged with obstruction on Friday and then arrested on Saturday for returning to Parade Square, breaching the conditions of their release banning

them from HRM parks.

Eric Antolick, 23, refused to sign those conditions and was charged with obstruction for trying to prevent police from arresting Howe and the 17-year-old.

"When one of our brothers is taken and detained, it affects us on a very whole-hearted level," said Wolf Veino, 20, one of dozens of Occupy supporters who filled the courtroom. "When we come out

and show our support, it shows the public that we care, that we're all one movement together."

After an hour-long recess, the judge ordered Howe and Antolick's conditional release, which barred them from associating with each other. When Antolick left, he raised his fist, and supporters followed suit before filing out of the courthouse to play music and throw leaves on Spring Garden Road.

17 The number of Occupy Nova Scotia protesters who have been arrested since Friday's dismantling of their Victoria Park encampment

Howe alleges he was beaten by police officers and that he will file a formal complaint with Halifax Regional Police. "It's a sin, and you need to be held accountable for that," he said.

Tip sheet raises awareness on signs of bullying

As part of National Bullying Awareness Week, Halifax's Partners in Policing are offering educational information about recognizing and dealing with bullying.

The tip sheet helps parents recognize signs of bullying: the child is avoiding school, appears overly anxious, complains of headaches and stomach aches, has a diminished interest in school, and has injuries, bruising or trouble sleeping.

It also suggests discussing the seriousness of bullying with the child and listening closely to their

problems as some of the most important ways of helping with bullying, and repeatedly states that retaliation is never the answer.

Partners in Policing also provides links to bullying services, from the hotline at 490-7283, to HRM school board information.

Earlier this year, the Nova Scotia government announced a task force on cyber-bullying after two teenage students died of suicide.

Family members of the youths blamed, in part, on-line bullying in the deaths.

● METRO

AT THE WHARF

Hundreds rally for lobster prices

About 200 people concerned about lobster prices turned out for a protest yesterday in southwestern Nova Scotia.

Fishermen and supporters went to a wharf in Wedgeport to warn that low prices for their

catch for the upcoming season will hurt an already fragile economy.

Prices paid by the buyers for the season, which begins in two weeks, are expected to be around \$3.50 a pound.

Lobster fisherman Lucien LeBlanc says many fishermen can't afford to go out for that price.

He says the protest was akin to a rallying cry for the fishermen.

LeBlanc says it's hard to say what a fair price would be, but \$5 a pound seems to be the general consensus.

THE CANADIAN PRESS

Coolers recalled over glass concern

The Nova Scotia Liquor Corp. has recalled certain bottles of a cooler drink after glass was found in some bottles in other provinces.

The liquor corporation says no glass has yet been found in the 330-millilitre bottles of Woody's Mexican Lime Vodka Cooler in Nova Scotia. But it says the product is being recalled as a precaution.

People who return full or partially full bottles will receive a full refund.

THE CANADIAN PRESS

Tentative deal reached with NSCAD

The union representing faculty, librarians and part-time staff at the Nova Scotia College of Art and Design have reached a tentative deal with the university.

Union representative and NSCAD faculty member Alvin Comiter said the deal was reached on Friday, although members only learned of it yesterday. No specifics about the deal — aside from the fact it's an 18-month agreement — are being released until members are given the full details.

● ALEX BOUTILIER

It's all in a day's work for future knight

ADRIAN LEE
HALIFAX@METRONEWS.CA

This knight may not be in shining armour, but Truro's John Johnston — who will be named a knight of France's Order of Academic Palms later this month — proves that his historian's pen is mightier than the sword.

"I feel touched," said Johnston. "I feel like somebody somewhere is saying, 'You've done a good job.'"

The 62-year-old worked for 30 years at Parks Canada, largely out of Quebec's Fortress Louisbourg. He's published 11 books on the fortress, falling in love with the "laboratory for history" as a teenager.

"When people write books and articles, we hope someone will read them," said Johnston. "I like to think now somebody's been reading

1808

The year of the first decoration of the Academic Palms, by Emperor Napoleon to eminent professors of the University of Paris.

them, and that maybe more people might do that in the future."

The Order of Academic Palms exists to recognize significant contributions to French education and culture. Johnston insists it's a "group recognition" of past and present fortress researchers, but the fact that he, a Canadian anglophone, was named to the order isn't lost on him.

"Theoretically, you wouldn't expect it, but it's living proof that with dedication you can achieve something."

ENVIRONMENT

A very 'poplar' program

Love it or leaf it, Halifax Regional Municipality is asking citizens to help with this year's street-leaf cleanup program.

City crews will be lumbering down streets in heavily treed areas — including most of HRM's urban core — over the next four to six weeks.

However, the city is asking homeowners to avoid sweeping leaves into gutters and storm drains, as this can cause streets to flood and houses to go to seed.

Halifax homeowners are also asked to rake up black-spotted leaves and throw them out in the compost bin.

The root of that problem is tar spot, a black mould that infects fallen leaves over the winter, produces spores in the spring and infects other trees.

ADRIAN LEE

Have your say on corridor

People who are burning to talk about the Burnside Drive Extension's active transportation corridor will get their chance on Wednesday.

The five-kilometre stretch would allow Haligonians to walk, bike or inline-skate from

Bedford to Burnside Industrial Park.

In September, Halifax regional council voted to commit all \$1 million of the city's active transportation capital budget for 2013-14 to the project. The corridor would be a joint project between HRM and the province.

The public information session starts at 7 p.m. at Dartmouth's Best Western Plus.

METRO

Crime rate plummets across the region

Police release third-quarter crime stats to council committee
Lower Sackville, North Central districts see the sharpest decline



ALEX BOUTILIER
@METRONEWS.CA

By the numbers

Drop in crime rates by district as compared to last year:

- ▶ Halifax: 14.34 per cent
- ▶ Cole Harbour: 10.26 per cent
- ▶ Lower Sackville: 18.51 per cent
- ▶ Musquodoboit Harbour: 15.05 per cent
- ▶ North Central: 20.18 per cent
- ▶ Sheet Harbour: 15.33 per cent
- ▶ Tantallon: 10.2 per cent

Criminal Code violations in the Halifax Regional Municipality are down 7.61 per cent from this time last year, according to third-quarter statistics released by the Halifax Regional Police and the Halifax-district RCMP yesterday.

According to the report, property crime is down 9.54 per cent, while other Criminal Code violations, such as prostitution or weapons charges, declined 7.61 per cent. Violent crime, including homicide, robbery and assaults, held steady at 2,786 incidents, up 0.25 per cent over 2010.

"I think what it says is that, even though we saw some increases in violent crime in the first half of the year, that our overall strategy is working," said HRP spokesman Const. Brian Palmeter. "(But) we still have work to do. We still have to target the people engaged in violence within our community."

Some categories of crime have seen a spike,

however. Motor-vehicle thefts have increased by 21.5 per cent, to 502 cases this year. Liquor Act violations had one of the largest increases, from 1,019 cases in 2010 to 1,462 cases so far this year — a jump of more than 43 per cent.

Halifax has also suffered six more homicides and nine more attempted murders so far this year. Drug offences have also seen a slight jump, up 23 or 2.3 per cent.

"Sometimes we have (investigations) that we act on very quickly. Others



▶ A forensic-identification officer looks for evidence.

take long periods of time," said Palmeter.

Police also released impaired-driving statistics for October yesterday.

In that month, police charged 84 people — 69 men and 15 women — with driving under the influence.

Police continue search for man missing for a year

Police continue to seek the public's help in locating a Parrsboro man who disappeared more than a year ago.

Harris Hill, 87, was last seen after lunch on Nov. 10, 2010, before going into the woods in West Bay to drop off apples at his deer stand. His truck was later found in the area of his deer stand near West Bay Road in Parrsboro.

Hill was described as being in good health, five-foot-six, 170 pounds, with blue eyes and thinning, greying hair. He was last seen wearing blue jeans, a brown hat and either a camouflage or red plaid jacket.

Anyone with any information about Hill's whereabouts is asked to contact Parrsboro RCMP at 902-254-2424. **TRURO DAILY NEWS**

Agency digging into Donkin mine project

The Canadian Environmental Agency has announced a comprehensive study of the Donkin mine coal project.

"The agency has 365 days to conduct the comprehensive study," said Céline Legault, the agency's communications adviser. "However it is always longer as the clock stops when the pen is on the proponents' side."

Legault said there will be three public-comment periods during the process.

In August, Xstrata filed its draft environmental assessment with government regulators for permission to export coal from the Donkin mine.

The Donkin mine sub-sea tunnels were sealed and flooded about 20 years ago. In order to mine coal, environmental-assessment approval, sales contracts, a feasibility study of about \$94.2 million and board approval from Xstrata are necessary.

CAPE BRETON POST

United they fall

► It's been one month since the Occupy Wall Street movement went global ► We check in on camps in Metro cities across Canada ► Word from most officials: Get out

Occupy Vancouver

Injunction junction. B.C. Supreme Court is to hear the city's request for an injunction to remove campers from outside the Vancouver Art Gallery. On Sunday, a coroner said Ashlie Gough died of a drug overdose at the encampment on Nov. 5.



Occupy Edmonton

Extreme protesting. The group is hunkered down and preparing for winter. At the end of last week, the camp, in a small park on Jasper Avenue, received \$7,500 from the Occupy Wall Street organizers to help with winter prep.

Occupy Winnipeg

No bird baths. Protesters had their washroom privileges taken away by the Manitoba Legislative Building. Even though Mayor Sam Katz isn't sure what they want, he said he's open to meeting with protesters.



Occupy Halifax

Cuffed. Protesters say their constitutional right to freedom of expression and peaceful assembly should trump a city bylaw used to evict the group. Fourteen occupiers were arrested while being evicted from their temporary encampment in Victoria Park on Nov. 11 and three more were arrested during a protest Nov. 12.



Occupy Montreal

If you build it, will cops come? A few protesters are still at Square Victoria but they would have to build shelters to stay through the winter, something the city has said it doesn't want to see.



Occupy Calgary

Ticket to leave? The city posted warnings yesterday that all unattended items in the Olympic Plaza camp will be removed today. Bylaw officials have also ramped up ticketing.



Occupy Toronto

More bark than bite? Mayor Rob Ford reaffirmed his plans to evict protesters from St. James Park, despite an ultimatum from a group claiming to be hacker-activists Anonymous. Via YouTube, the group said, "You have said that by next week the occupiers shall be removed. And we say by next week if you do not change your mind, you shall be removed from the Internet."



Occupy London

Last to the party, first to get the boot. Protesters set up tents Oct. 22 in Victoria Park, which were dismantled by cops Nov. 9. Police have stepped up patrols, yet the group still holds daily meetings and rallies in the park.

PHOTOS: METRO CANADA, THE CANADIAN PRESS, TORSTAR NEWS SERVICE

Occupy Ottawa

Festive spirits. Protesters remain hopeful they can stay in Confederation Park. But the National Capital Commission, which runs the park, has said it wants the protesters out in time for it to prepare for the annual winter festival Winterlude. Preparations for the event typically begin in December.

The pill could be bad news for guys

Researchers suggest there may be a link between estrogen from oral contraceptives that has found its way into the environment and rising rates of prostate cancer among men around the world.

In a study in the online publication BMJ Open, researchers at Princess Margaret Hospital in Toronto looked at the percentage of women using the pill, intrauterine devices, condoms and vaginal barrier contraceptives in 87 countries, then examined the incidence and deaths from prostate cancer.

"Looking at these percentages, we find a strong correlation between female use of oral contraceptives at a population level and both new cases of prostate cancer and mortality from prostate cancer," said lead author Dr. David Margel, a urologist and fellow in uro-oncology.

"This was not found among other contracep-

"This is a very, very preliminary finding and we're not telling everybody to quit the pill. But further research needs to be done and it's an interesting finding."

DR. DAVID MARGEL, STUDY'S LEAD AUTHOR

tive modes," he said.

The research team used data from the International Agency for Research on Cancer and the UN World Contraceptive Use report to determine rates of prostate cancer and associated deaths as well as the proportion of women using common methods of contraception in 2007.

Margel said estrogen in birth-control pills is excreted in the urine and gets into the environment, particularly into water, and scientific evidence suggests that low levels may cause cancer, including prostate cancer.

"What we found was that in countries where the oral contraceptive was used more often, prostate cancer had a greater incidence," said

Margel. But he stressed there may be many factors involved, and teasing out the effect of pill-based estrogen alone would take much more research.

While the amount of estrogen excreted by any single individual is extremely small, "when millions of women are doing it and for a long period of time, it may cause low environmental estrogen levels," Margel explained.

"We think further research is needed to explore both oral contraceptives, but also other estrogenic compounds that may contaminate our environment and may cause and increase the incidence and mortality from prostate cancer."

THE CANADIAN PRESS

Flame. Thrower



► In this photo released by Virunga National Park yesterday, Mount Nyamulagira in eastern Congo is seen erupting on Friday.

CAI TJEENK WILLINK/VIRUNGA NATIONAL PARK/THE ASSOCIATED PRESS

Molten mountain

Virunga National Park in Congo is inviting tourists on an overnight trek to view a spectacular eruption of Mount Nyamulagira, where rivers of incandescent lava are flowing slowly north into an uninhabited part of the park but pose no danger to its critically endangered mountain gorillas.

Rifle demo doesn't end well for 14-year-old

A 14-year-old boy is facing eight weapons-related charges after his friend was shot when a gun accidentally went off.

Police said yesterday the show-and-tell went wrong when the suspect pointed a rifle at the 14-year-old victim, mishandled the firearm and the victim was shot in the "upper body."

Police and paramedics were called to an apartment at about 4:30 p.m. The victim was brought to hospital in stable condition. Police say the suspect was showing off the rifle to a group of teens and may not have intended to shoot the victim. The suspect fled the apartment but turned himself in later that night.

Winnipeg police said they are still searching for the weapon.

Several teens gathered in the apartment suite are known to police for either drug-related charges or ties to gangs.

CRYSTAL LADERAS IN WINNIPEG

Court hears honour rant

► Montreal man accused of killing his three daughters calls them 'treacherous' on recording, saying they betrayed and violated the family

Wiretap trap

► The first half of one of the wiretaps was played for the jury last week, and Shafia and Yahya can be heard on it apparently placing themselves at the scene of the deaths, despite swearing to police they had not been there and had no idea what happened.

► They are heard on an intercept from July 18, 2009, fretting about the possibility the police had found a camera at the scene, but ultimately concluding — correctly — that the police were lying. Court has heard police said this to generate exactly the kind of conversation that followed.

A Montreal man charged with killing his three daughters cursed them as "treacherous" for having boyfriends and said even if they came back to life 100 times he would "do the same again," court heard yesterday.

Shafia, 58, his wife Tooba Mohammad Yahya, 41, and their son, Hamed, 20, have each pleaded not guilty to four counts of first-degree murder.

Three teenage Shafia sisters, Zainab, 19, Sahar, 17, and Geeti, 13, along with Rona Amir Mohammad, 50, Shafia's other wife in a polygamous marriage, were found dead inside a car submerged in the Rideau Canal in Kingston, Ont., on June 30, 2009.

Several intercepts, made from listening devices

"Even if, God forbid, they hoist us onto the gallows ... we accept it wholeheartedly"

MOHAMMAD SHAFIA TO HIS WIFE AND SON, AS HEARD ON A POLICE INTERCEPT ONE DAY BEFORE THE THREE WERE ARRESTED

placed in the family's minivan, home and on Hamed's cellphone in the days leading up to their July 22, 2009, arrests were played in court yesterday. Shafia largely dominates the conversations, lamenting the fact that his daughters were dating, and rants about family honour.

Court has heard that much of the family turmoil surrounded Zainab and her

boyfriend, whom she married for one day, and relatives have testified that Shafia wanted to kill her. Yahya is heard on one intercept saying she knew Zainab was "already done," but she wishes the "two others" weren't.

"No Tooba, they were treacherous," Shafia says, likening them to prostitutes. "When I tell you to be patient, you tell me that it is hard. It isn't harder than watching them every hour with (boyfriends). For this reason whenever I see those pictures, I am consoled."

"I say to myself, 'You did well. Would they come back to life a hundred times, for you to do the same again,'" Shafia says on the intercepts.

THE CANADIAN PRESS

ISS. Expedition



► The Soyuz TMA-22 rocket is seen on the launch pad at the Baikonur Cosmodrome in Kazakhstan during a snow storm the morning of the launch of Expedition 29 to the International Space Station yesterday.

CARLA CIOFFI/NASA/THE ASSOCIATED PRESS

Rocketing into space

The Russian spacecraft carrying an American and two Russians blasted off yesterday in a faultless launch.

Norway killer in first public court appearance

The anti-Muslim extremist who confessed to a bombing and shooting massacre that killed 77 people in Norway tried to declare himself a resistance leader yesterday at his first public court hearing but was quickly cut off by the judge.

Anders Behring Breivik was escorted by guards into an Oslo courtroom packed with dozens of reporters and spectators, in-

cluding survivors of his rampage at a youth camp near the capital who were seeing him in person for the first time since the July 22 attack.

"I am a military commander in the Norwegian resistance movement," Breivik said before the judge interrupted him and told him to stick to the issue at hand — his further detention.

The court extended his

custody 12 more weeks until Feb. 6, but decided to gradually lift the restrictions on his media access, visitors and mail. Breivik is being held pending his trial on terror charges.

If found guilty, he could be sentenced to 21 years in prison. An alternative custody arrangement — if he is still considered a danger to the public — could keep him behind bars indefinitely.



► Anders Behring Breivik in a passport photo

NORWEGIAN POLICE VIA SCANPIX NORWAY/AP FILE

At the end of yesterday's hearing, the 32-year-old Norwegian asked Judge Torkjel Nesheim if he could address survivors and victims' relatives but was turned down.

Previous court hearings in the case have been closed to the public. At the end of Monday's hearing, the judge lifted a ban on reporting the proceedings.

THE ASSOCIATED PRESS

A survivor's take

► Tim Viskjer, who survived the shooting spree on Utoya, watched Breivik's hearing on a video screen in another room in the court house.

► "I thought he seemed cold and inhuman," Viskjer said. "It was uncomfortable, but for me I moved on a little bit after seeing and hearing the suspect."

Man loses bid to keep Alta. bunnies hopping

An Edmonton man's attempt to stop an Alberta town from trapping and gassing its feral rabbits has been dismissed.

A judge ruled in a Calgary courtroom that photographer Dan Onischuk didn't have the standing to apply for an injunction to stop Canmore's plans.

Calgary Animal Services says it will provide free spay and neuter surgeries at its clinic to help with the bun-

ny population explosion.

Calgary-area veterinarians and technicians have already volunteered their services.

The Earth Animal Rescue Society has been working on a local campaign to find a solution.

The group says it is submitting an action plan to officials in the mountain community on the edge of Banff National Park.

THE CANADIAN PRESS

Dr AZIZ
is **MOVING**

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to
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News in brief

Outrage in U.K. over cab-bug plan

ENGLAND. Civil liberties campaigners expressed outrage yesterday at an English city's plan to install audio recorders in licensed taxi cabs as a security measure.

Officials in Oxford say that starting next year its 600-plus cabs will carry audio-equipped cameras that run whenever the vehicle is in use, "leading the way" in ensuring the safety of passengers and drivers. **THE ASSOCIATED PRESS**

Same-sex union leads to residency

RIO DE JANEIRO. Brazil's government for the first time has granted a foreign citizen the right to live permanently in the country based on a

same-sex relationship with a Brazilian citizen, according to a notice published yesterday in the country's Federal Register.

The action grows out of an October ruling by the country's Supreme Court recognizing same-sex marriage, giving gay couples rights such as the ability to jointly file taxes and to jointly adopt a child. **THE ASSOCIATED PRESS**

DIY-makeup miner arrested

BEIJING. Chinese police detained a mine boss who smeared coal on his face to pretend he had been in the shaft where 34 miners died and nine are still trapped, state media said yesterday.

Mine bosses who don't go underground with their workers face severe punishments under a rule imposed last year to improve safety.

THE ASSOCIATED PRESS

Freed French aid workers return home

► Aid group says three workers captured by al-Qaida are in good health

Three French aid workers captured by al-Qaida militants in Yemen six months ago returned home last night, hours after being freed thanks to help from the sultan of Oman and a possible ransom payment.

Kidnappers linked to al-Qaida's offshoot in the region had demanded \$12 million US in exchange for the three and had threatened to kill the hostages if ransom wasn't paid imminently, according to Yemeni officials.

The circumstances of the aid workers' release remained murky. A senior Yemeni tribal mediator, who spoke on condition of anonymity because he is not authorized to speak to the media, said the Omani



► Unidentified French former hostages, left, arrive in Muscat, Oman, from Yemen yesterday.

government and a Yemeni businessman paid a ransom, though he gave no figure and the ransom couldn't immediately be

confirmed.

The workers from Lyon, France-based Triangle Generation Humanitaire were abducted May 28 in

eastern Yemen's Hadramawt province, home to al-Qaida in the Arabian Peninsula.

THE ASSOCIATED PRESS

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For more information on Melodie and other adoptable furry friends, visit metro.spcans.ca or contact the Nova Scotia SPCA Provincial Animal Shelter at 468-7877 or info@metro.spcans.ca

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Top 5: November 14th

- Alexandra Stan - Mr. Saxobeat
- Katy Perry - The one That Got Away
- Hedley - Invincible
- Adele - Someone Like You
- LMFAO - Sexy and I Know It

Weeknights at 9pm
Tessa counts down the HOTTEST 5 songs that day!

1013THEBOUNCE.COM

Slowdown in all major economies: OECD index

- Changes in economic trend over six to nine months
- Index doesn't judge speed of recovery or downturn

The global economy — including Canada — is on track to slow in the coming months, according to a report from the Organization for Economic Co-Operation and Development.

The OECD said yesterday its monthly index for composite leading indicators pointed “more strongly to slowdowns in all major economies” with Canada among those set to see growth drop below the long-term trend.

The Canadian economy has weathered the recession and its aftermath better than many other countries, but is still feeling the drag of a painfully slow global recovery.

Canada dropped 0.4 points in September, taking its composite leading index number to 99.4, down from





101.2 in May. The country's leading indicator has been falling for several months and dropped below 100 in August.

For the OECD member countries as a whole, September's reading was 100.4, down 0.4 percentage points from August and down from 102.3 in May.

Severe debt problems in Europe combined with slow growth in the U.S., Canada's biggest trading partner, will likely reduce demand for the natural resources that Canadian companies produce.

Bank of Canada governor Mark Carney warned that the global economy was confronted by a new wave of credit tightening as a result of the European debt crisis. Carney said it is up to the public sector, in

Market moment

TSX	Dollar
	
- 52.66 (12,224.19)	+ 0.08¢ (98.34¢ US)
Oil	Natural gas
	
- 85¢ US (\$98.14 US)	\$3.458 (- 12.6¢)
	Gold \$1,778.40 (- \$9.70)

particularly central banks, to ensure there is sufficient credit available at reasonable terms for businesses and households to invest and spend. **THE CANADIAN PRESS**

Roofs. Bobbing



► In this Oct. 16 photo, vehicles at a Honda car factory sit submerged in floodwaters in the Rojana industrial district in Ayutthaya province, central Thailand.

SARACHAI LALIT/THE ASSOCIATED PRESS FILE

Sinking just below the surface

A month after being inundated, the factory that makes nearly five percent of Honda vehicles worldwide is still submerged under 1.5 metres of water.

\$1.50 Starbucks had been adding a \$1.50 surcharge for bags of coffee weighing less than a pound without telling customers, which is illegal.

Starbucks drops hidden costs

Starbucks Corp. has stopped tacking on a surcharge for bags of coffee beans weighing less than a pound in the U.S. after a Massachusetts consumer

protection agency fined the company \$1,575 US over the practice. Starbucks, claims the charge covered extra labour and packaging costs. **THE ASSOCIATED PRESS**

Political divide in Italy as PM designate steps up to plate

Italy's prime minister-designate Mario Monti said yesterday it is “premature” to say whether the country will require more tough measures to rescue its finances and revive its economy, as he sought enough backing from political parties to form a government.

Two days after Silvio Berlusconi resigned, and with investors still nervous about Italy's credibility, Monti spent yesterday consulting with political parties,

then said he couldn't say when he would have a cabinet lined up.

Italy's parliament last week gave final approval after weeks of political squabbling over emergency measures aimed at cutting spending and spurring economic growth, but Italy's debt costs keep shooting upward. A few party leaders — including ones in Berlusconi's party — have been demanding the non-partisan Monti only last long

► Italian right-wing party supporters hold a banner that partially reads, “No to Monti” during a protest in Rome yesterday.



enough to implement economic reforms, then step down so elections can be called this spring. But Monti, a 68-year-old economist, said he intends to serve until spring 2013 elections.

Investors initially cheered Monti's appointment, though concern lingered about the sheer amount of work his new government will have to do to restore faith in the country's battered economy and finances. **THE ASSOCIATED PRESS**

Eyes on Monti

- Monti is set to meet today with Italy's two largest parties, whose votes are crucial in a confidence vote for his government.
- Monti was asked by Italy's president Sunday to create a government of experts capable of overhauling an ailing economy and keeping market fears from threatening the euro.
- Economic reforms are needed to revise stagnant growth that will bring down public debt.



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- Nov 23 • A.L. Mattatall Funeral Home, 217 Portland St., Dartmouth, 461-0700
- Nov 29 • J.A. Snow Funeral Home, 339 Lacewood Dr., Halifax, 455-0531



OPTICAL ILLUSIONS: A LIFE BEHIND THE LENSES

SHE SAYS ...

JESSICA NAPIER
METRO



the same.

Anyone who has grown up in glasses will tell you that spending your middle school years behind lenses isn't all that fun. My poor eyesight always forced me to the front of the class and made team sports nearly impossible. Even if boys

did make passes at me in my glasses (which they didn't), I was too blind to notice.

For years I dreaded the annual trip to the optometrist, knowing that, no matter what I did, I would perform worse and worse each time. Thankfully, like most young adults with impaired vision, my prescription started to level off when I hit my early twenties.

Today, my Rx for distance vision is a solid -6.50 and I'm experiencing a slow degeneration rather than a rapid descent into darkness.

Had my eyes continued to worsen at the rate they were going, I would have been legally blind before my 25th birthday.

Those with 20/20 vision cannot even begin to understand what the world is like for us four-eyed folk. In the shower I have to hold the bottle of shampoo half an inch from my face to read the label in order to avoid inadvertently lathering my hair with body wash — it's happened on more than one occasion.

At 13, I was finally able to convince my parents that wearing glasses AND braces would surely secure my status as a high school uber-dork, a nightmare that would haunt me for all eternity.

I made the transition to contact lenses and never looked back.

And, yet, after 20 years of being unbearably nerdy, my prescription lenses are finally in fashion.

Optical boutiques are shilling pricey retro lenses as a must-have accessory while mass retailers sell oversized plastic specs with clear lenses to irony-loving trend-followers salivating over the geek-chic aesthetic.

As someone sentenced to a life of nearsightedness I resent those poseurs in their fashion frames, mocking me with their perfect vision.

To me, your ironic non-prescription glasses are the equivalent of strutting around with a decorative cane when you're perfectly capable of walking.

Glasses are not just some hollow fashion statement; they should be purchased out of necessity and worn for vision correction, not for their hipster cachet.

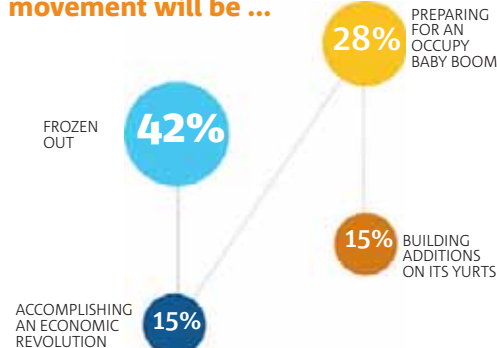
Read more of Jessica Napier's columns at metronews.ca/shesays

I was six years old when I first donned a pair of pink plastic frames with lenses as thick as windowpanes. I don't think I realized it then but my face would never be



Register at
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and take the quick poll

At the end of winter, the Occupy movement will be ...



Letters

Thank you for the coverage of the G20 meetings.

The agenda for the current G20 meeting in France was originally to be about helping the poor and hungry of the world. Of course all the headlines now are about Europe and Greece. Prime Minister Stephen Harper, whose government has decided to freeze Canada's development aid, will hear from French President Sarkozy and even Bill Gates that aid reduction is not the way to go.

Canadians are a generous and compassionate people but the government is allocating only 0.32 per cent of our national income in development aid. That's less than half of the 0.7 per cent Mr. Harper keeps promising to give and then failing to deliver. Donor nations agree that 0.7 per cent is the amount necessary to make serious progress towards alleviating extreme poverty to 1 billion people in the world.

There are great things happening with the money Canada is sending. If we could just live up to our own promises we could be part of the solution to eradicate mortal hunger in our lifetime.

PAUL INGRAM
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► This photo titled Turn off the TV (Apaga la tele) was submitted to the Photo of the Day category by Valentina Godoy from Chile.

photo of the day

Metro invites its readers to join the Metro Global Photo Challenge — running in 100 cities on four continents — to win fantastic prizes and worldwide recognition. Enter your digital photos at metrophotochallenge.com. The contest runs until Nov. 22. As well as a chance to win a trip to any city Metro publishes, one submission will also be featured here daily.

WEIRD NEWS

Ashes to beads, dust to dust

The intense grief that Kim Il-nam has felt every day since his father died 27 years ago led to a startling decision.

He dug up his father's grave, cremated his bones and paid \$870 US to have the ashes transformed into gem-like beads.

Changes in traditional South Korean beliefs about cherishing ancestors and a huge increase in cremation have led to a handful of niche businesses that cater to those who see honouring an urn filled with ashes as an

imperfect way of mourning.

About 500 people have turned their loved ones' ashes into Buddhist-style beads by one company, Bonhyang.

It and several other ashes-to-beads companies say they have seen steady growth in their business in recent years. **THE ASSOCIATED PRESS**



► Kim Il-nam displays beads made from his father's ashes

A 'krilling' adventure

► Happy Feet Two director talks about his fascination with the hero myth and his choice to make a pair of shrimp-like creatures — known as krills — the focus of a hero saga side story



**RICHARD
CROUSE**
SCENE@METRONEWS.CA

"One thing I am drawn to unconsciously is the hero myth," says director George Miller.

Looking over his résumé it's easy to see what he means. His creations, like Mad Max, who ruled a dystopian Australian landscape from the driver's seat of a Ford Falcon XB Coupe and Babe, the king of the barnyard, are agents of change in their own worlds.

In his new film, Happy Feet Two, the follow up to the Oscar winning dancing penguin musical of 2006, you'll have to look closely to see his heroes, because they are the smallest creatures in the movie.

They are Bill and Will (Matt Damon and Brad Pitt), two bug-eyed characters who can only be described as existential shrimps. Actually, they're krill — a minute marine crustacean.

"Happy Feet Two is not a saga," he says. "It's not the hero myth, except from the point of view of Will the Krill. From his point of view the world is epic because they are so tiny. He goes off on a classic hero myth, going out, looking into the unknown, confronting great dangers and bringing a boon back to his world."



► Happy Feet Two director George Miller enlisted the help of his daughter to aid in lyric writing for one of the songs.

"Because the film takes place in a truncated time period it was important to make it epic from some point of view. From the krill's point of view it's a very big world — universe — out there. We saw them like space explorers wanting to go out beyond their world."

The krill may leave their flock — the "krillions" of krill they live with — to go on a journey, but Miller says the point

of the story has more to do with family than heroes.

"They begin by being torn apart in some way," he says, "and it is only in the coming together that they are able to solve the problem."

For Miller, Happy Feet Two was a bit of a family affair, but not intentionally. He says he turned to his daughter to write the lyrics of the show-stopping tune Eric's Opera because

he was desperate.

"We had three very well-known writers who have written musicals in Australia to try and write some lyrics and it just wasn't working," he says. "It was over elaborate so I called her and said, 'Can we just sit down together and work through it.' In two hours she had it, but it was more out of desperation than wanting specifically to work with my daughter."

Will the Krill's adventure

► When Will decides to swim out on his own to see the world beyond the krill swarm, skittish Bill tags along. They discover, to their horror, that krill are just munchies for others, sending Will on a quest to move up the food chain and become a predator.

THE ASSOCIATED PRESS

2

scene

Scene in brief



Meryl Streep is becoming a familiar face in London's government district — the face of Margaret Thatcher. The actress plays Britain's first female prime minister in the soon-to-be-released The Iron Lady. She bears an uncanny resemblance to the Conservative politician on the poster, unveiled Monday with the Big Ben clock tower as a backdrop.

THE ASSOCIATED PRESS



First Look: Pixar forges 'Brave' princess in latest 3-D animated adventure.

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Harry Potter and the Deathly Hallows: Part 2**Genre:** Adventure**Director:** David Yates**Stars:** Daniel Radcliffe, Emma Watson, Rupert Grint

🌐🌐🌐½

Ten years and eight films after Harry Potter's cinematic adventures began, the saga resolves in ways suspenseful, romantic and thrilling.

In Harry Potter and the Deathly Hallows: Part 2, returning director David Yates, screenwriter Steve Kloves and many other creative hands pull out all the stops for the grand finale of the boy wizard's long battle with evil Lord Voldemort, a snake-faced creep played with masterful menace by Ralph Fiennes.

The action rarely flags in the film, which at 131 minutes is the shortest of the Harry Potter sagas, but also the most exciting.

The long-anticipated siege of Hogwarts gets what can only be called the Lord of the Rings treat-



ment, with visual mayhem and character dynamics writ large. Even viewers fully versed in the plot will find themselves catching their breath as long-simmering developments reach fruition and apparent red herrings are addressed. The only disappointing aspect of this otherwise stellar send-off to Harry Potter is the post-production conversion to

3D (available with the Blu-ray), which adds absolutely nothing to the experience.

This outing can be summed up by the final three words of the final Potter book, which I present as a teasing acronym to avoid spoilers: "AWW." That may also be the sound you make at the conclusion of the film's romantic epilogue, which will prompt many smiles of satisfaction.



Extras, mostly on the Blu-ray, include deleted scenes, Maximum Movie Mode, a conversation with Daniel Radcliffe and J.K. Rowling and numerous featurettes.

🌐 PETER HOWELL

Larry Crowne**Genre:** Comedy**Director:** Tom Hanks**Stars:** Tom Hanks, Julia Roberts, Sarah Mahoney

🌐½

Somewhere in a dark corner of hell, a satanic film class is waiting to study Larry Crowne.

Can there be a better textbook example of soulless Hollywood product than this Tom Hanks/Julia Roberts vehicle? It's a movie of unbelievable characters, fake emotions and unearned resolutions, cynically pitched as a feel-

good flick about coping with unemployment.

Hanks (who also directs, and co-writes with Nia Vardalos) stars as the low-ambition Larry, who happily toils as a minimum-wage drone at U-Mart, a fictional Wal-Mart clone.

When he gets the boot one day after being told he doesn't meet their requirements because he's lacking a degree, Larry picks himself up and immediately enrolls at a community college.

There he must take a public-speaking course taught by Mercy, played by the perpetually brittle Julia Roberts.

You get no awards if you figure out there will be a romance between Mercy and Larry. But don't get excited ... the sparks from these two couldn't ignite an open barrel of gasoline.

Extras include deleted scenes and a making-of featurette.

🌐 PETER HOWELL

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James cheated with 19 women: Kat Von D

► Tattoo artist bares all on recent Facebook post

THE WORD

DOROTHY ROBINSON
SCENE@METRONOVS.CA



Say what you like about Kat Von D, but at least she can admit when she's wrong.

In a rather mature-sounding Facebook blog entitled Thank You, Jesse James, which she posted on Sunday, Von D says her relationship with Jesse was "toxic" and claims he cheated on her with 19 different women before they broke off their engagement in September.

"I know I deserve a big fat 'I told you so,' from



► Kat Von D

everyone, and wish I didn't have to say, 'You all were

more right than you'll ever know,' but you were," she writes.

"Not to worry, I've gladly paid the consequences for every mistake I've ever made, but learned so much from each of them."

She doesn't have too harsh words for James, actually, just sympathy: "I think it just made me sad today to imagine him still in that dark place — where seeking validation through the attention of women takes precedence over being a good father, a sincere friend, a better coworker, and a happy individual."

And that, my friends, is how you really take a 'superpoker' to task on Facebook.

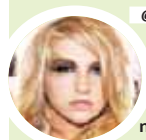
Celebrity tweets



Sorry I haven't been tweeting as much! I deleted the twitter app off of my phone. Just taking some "ME" time!



@MileyCyrus



@keshasuxx

Dave grohl just gave me a flask of moonshine.... #uhoh



@ConanOBrien

So a celebrity can just mention a product on Twitter and then they get them sent to them for free? OVEN MITTS!!!



► Brad Pitt

Pitt to quit?

Brad Pitt says he wants to retire from acting at age 50.

"Three years," the 47-year-old actor declares to the Australian edition of 60 Minutes.

"I am really enjoying the producing side and development of stories and putting those pieces together."

Pitt has apparently had

the end of his acting career on his mind lately, as he recently told Culture magazine, "We all have a shelf life, and mine is coming."

But Pitt and partner Angelina Jolie aren't necessarily planning to quit expanding their family.

"You know, I don't know that we're finished. I don't know yet. I don't know," he admits. • METRO

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552 million people could have diabetes by 2030; experts say many cases still preventable

Casting a dark light on black licorice

► Eating large amounts of the tasty treat linked to health complications ► Physician tells of a case where patient suffered swelling, high blood pressure from consuming lots of candy



**CELIA
MILNE**

LIFE@METRONEWS.CA

Warning: Eat black licorice sparingly.

Believe it or not, gobbling up too much of this yummy candy can cause high blood pressure, low potassium, fluid buildup, aching and weakness in the muscles, and unexplained weight gain.

"It is a question of balance," says Dr. Christine Johns, assistant professor at the University of Ottawa and an attending physician at the Ottawa Hospital emergency room.

"I am personally a great fan of black licorice. It is delicious and can be used by people who have chronic constipation, with proper guidance, and it may have other beneficial effects. Adverse effects from black licorice occur only when people consume large amounts and for at least a few days running."

In 2009, Dr. Johns wrote in the Canadian Journal of Emergency Medicine about a 49-year-old physician who came to the hospital with swollen legs, weight gain and raised blood pressure.



► Black licorice — it's just one more delicious thing that is bad for you.

sure.

She had been eating between four and seven black licorice cigars a day for 10 days in a row. (She had bought them because she loved them and be-

cause she was going on a family trip, and knew they made good laxatives.) Black licorice contains glycyrrhizic acid (GZA), which can be toxic in large amounts.

"My patient ate far too many black licorice cigars," says Johns. As soon as the woman stopped eating the candy, her symptoms disappeared and her weight went back to normal.

Black and white

Black licorice isn't all bad.

► **Toxic** There are beneficial effects too, says Dr. Christine Johns, an emergency room doctor at the Ottawa Hospital. "Balance. In all things from diet to exercise," she reminds Metro readers. The ingredient in black licorice that can be toxic (GZA) is also commonly found in herbal remedies for cough, stomach ailments and constipation. It is reputed to have antibacterial and antiviral properties, she says. "When I have patients who suffer from constipation I sometimes suggest black licorice made with natural ingredients if they have no prior problems with blood pressure or kidney function. I educate them about safe amounts."

mal.

Just before Halloween, the FDA in the U.S. warned people over age 40 that eating more than 2 oz. of black licorice a day for more than two weeks could land you in the hospital.

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From extreme smoker to an extreme success

► Going on 30, Ray Zahab was smoking up to two packs a day ► He quit and is now an ultra marathoner who has run across Antarctica

ROMINA MCGUINNESS
LIFE@METRONWS.CA
METRO WORLD NEWS IN LONDON

Ray Zahab told Metro, in his own words, how he dealt with his addiction to smoking and became a superstar in the process.

"I was sedentary. I wasn't the sporty type; in high school I was the 'dodge ball target.' At 30, I felt unfulfilled. I needed to change something but I didn't know what. I decided to take control of my body. It wasn't about being healthy. It was about becoming a different person.

In my case smoking wasn't an addiction, it was something I loved doing. Having a cigarette went hand in hand with a cup of coffee or a pint of beer.

Giving up was a metaphor for all the negative things in my life. Step 1 was giving up the worse thing I was doing to myself. Tobacco.

It took me a year and a half to quit but on New Year's Eve 1999 I smoked my last cigarette and from Jan. 1 onwards I looked at



► Ray Zahab started smoking at an early age. Since quitting he has gone on to lead an active life competing in marathons and other events.

life differently.

I lived every day like my last and discovered my body was like an engine. I was 30 years old and I was being introduced to someone I'd never met. That person is in each and everyone one of us. As I came to control one thing, I began closing the door on the negative and opening up to the positive. This sounds cheesy, but all the negativity in my life was gone. I took up mountain biking and within three months my body was completely clean. I wasn't a runner; I lacked power and

endurance and I didn't think I had the build but in 2003 I read an article about ultra marathons and I thought, 'what the heck' and signed up to run the Yukon arctic race.

I'd run a maximum of five times in three years and I had just under three months left to transition from mountain bike to marathon training.

Half way through the race I was on the verge of dropping out. I was dragging my sled and freezing. I sat down and went through the things that had bought me here. I

thought, 'four years ago, you quit smoking and this is where it has lead you.' I got up and took it one step at a time, determined to go as far as possible.

Then I lost track of time. I started running, walking, running walking and my mind was in a different place. I don't know how, but I won the race.

Running taught me I could do things I would never have imagined. I've since won several extreme races but have not strived to become Mr Extreme. We can all achieve the impossible."

Best Health Minute



BONNIE MUNDAY,
EDITOR-IN-CHIEF,
BEST HEALTH
MAGAZINE

Eat By the Clock

I was on Breakfast Television in Toronto recently talking about what you should eat at certain times of day if you're watching your weight.

Here's an excerpt:

Morning Eat breakfast! We've all heard it, and it's true, that eating breakfast kickstarts your metabolism and gives you energy to start the day.

Get some protein, such as eggs, Greek yogurt or peanut butter, as protein helps keep you full for longer.

Mid morning Have a snack between breakfast and lunch, or you'll be ravenous at midday and tempted to have a high-calorie lunch. Apple slices with peanut butter is a good snack choice.

Lunch A chicken or salmon sandwich (maybe using leftovers from dinner the night before?) with some red pepper strips.

To find out what not to have for lunch, and what to eat in the afternoon, dinnertime and evening, pick up the November issue, which is on new-stands now.

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FIGHT COLD AND FLU SEASON

HAND HYGIENE KEY

How many times did you wash your hands today?

If it's fewer than five times, your risk for catching a cold or flu virus goes up, according to Dr. Bonnie Henry, medical director, Communicable Disease Prevention Service at the B.C. Centre for Disease Control.

With cold and flu season in Canada gearing up and not peaking until early 2012, it's important to do everything you can to avoid the viruses that cause colds and flu.

"We know that people who wash or clean their hands five times a day are less likely to get colds and flus," says Henry.

Most respiratory viruses spread by coughing, but they can also spread indirectly when people cough into their hands and then touch ob-

jects. A virus can survive on commonly touched surfaces such as doorknobs, countertops, faucets and toys — popular places young children put their little hands on every day. Kids aren't always as careful with their hygiene as adults — they drop toys, play on the floor, and put their hands in their mouths. Using a product like Mr. Clean with Febreze freshness Disinfectant Liquid can help. It is not only formulated to kill the flu virus (influenza A2) when used as directed, but it also leaves a fresh, pleasant scent behind.

"Viruses can stay alive for 24 to 48

hours," says Donna Wiens, president of the Community and Hospital Infection Control Association (CHICA) and an RN and infection control specialist. "So the next person that comes along and turns the doorknob or uses the telephone, is at risk.

"We're big promoters of hand hygiene, cough etiquette (such as covering your mouth when you cough), influenza immunization, and staying home if you're sick. And none of those stand on their own — they all go together."

The other important message: it's everyone's responsibility to do everything possible to avoid spreading germs.

FLU WATCH

About 10 to 25 per cent of Canadians get the flu each season, while the average Canadian deals with three to four colds every year.

Immunization is the best protection against the flu, and the best time to be immunized in Canada is right now, says Dr. Bonnie Henry, medical director, Communicable Disease Prevention Service, B.C. Centre for Disease Control, Vancouver. Pretty well everyone is encouraged to get a flu shot including pregnant women and children under two. Speak to your doctor for more information.

To keep track of the spread of flu and flu-like illnesses, bookmark Public Health Agency of Canada's Flu Watch phac-aspc.gc.ca/fluwatch/. So far, only sporadic influenza activity has been reported. But there has been an increase in detections of cold viruses.

ISTOCKPHOTO/THINKSTOCK



IS IT A COLD OR FLU?

Cold symptoms include sneezing, runny nose and congestion as well as headache, cough and sore throat. Fever is the hallmark difference, says Wiens. If you have the flu, you may have fever as well as severe body aches and muscle aches. — Ylva Van Buuren



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PREVENTION PLUS

HOW TO AVOID CATCHING AND SPREADING BUGS AT HOME

Uh oh — your third grader has come home sick and is coughing up what you're pretty sure are her lungs. How do you prevent catching what she's got, or any other cold and flu bugs that invade your home before the end of April? Read on.

TEACH EVERYONE IN THE FAMILY TO WASH THEIR HANDS REGULARLY “This is the best way to stop the spread of those germs,” says Dr. Carol McConnery, a Gatineau, Que.-based family physician. Don't forget to wash your hands after every time you use the bathroom, come in from outside, and sneeze or cough into your hands. If you share keyboards, phones, and so on, try to wipe those surfaces clean regularly and to wash your hands after use.

PRACTISE THE SLEEVE SNEEZE Make sure everyone sneezes or coughs into their elbow rather than their hands to prevent spreading germs. “Or cough and sneeze into a Kleenex, which they then throw it out. Don't leave their Kleenex everywhere and someone else picks it up,” says Dr. McConnery.

DON'T SHARE Family members often share personal use items without even realizing it — think face cloths, hand towels and more. “So be careful not

to drink out of other's glasses, and no sharing of toothbrushes. And moms, don't put the soothers in your mouth before it's into the baby's — things like that,” says McConnery.

CONSIDER SUPPLEMENTS Anne Marie Picone Ford, a pharmacist and owner of Ford's Apothecary in Moncton, N.B., recommends vitamin D specifically. “It helps boost the immune system in an effective way and you can take it in tablet or drop form.” (Check with a pharmacist about how much you should take daily — and other supplements and cold prevention products.)

— Astrid Van Den Broek

GOING PUBLIC

Along with hand washing with soap and water (or alcohol-based antibacterial gels) after you've touched public surfaces, your best bet to avoid getting the flu is by getting an annual flu shot. There are a few new flu products on the market, says Dr. Bonnie Henry, the medical director for communicable disease prevention service at the B.C. Centre for Disease Control in Vancouver. Flu Mist is a nasal spray vaccine that is very effective and available for healthy kids ages two to 18, says Dr. Henry. Provincial health plans don't cover it and you need a prescription. There's also a new flu shot called Fluad for people over 65 that helps boost the immune response. Ask your family doctor about both.

IMMUNE BOOSTERS

SOME FOODS CAN HELP YOU FIGHT SICKNESS

The immune system is how your body defends against illness, says Toronto-based registered dietitian Cara Rosenbloom.

While experts recommend a healthy lifestyle in general, there are specific foods that help strengthen the immune system, says Rosenbloom. “Even if you still get a cold, having a strong immune system will help you fight it faster.” Here's a shopping list.

PROBIOTIC YOGURT Probiotics are good bacteria that strengthen the immune system, says Rosenbloom. Read labels and look for yogurts with added probiotics. Research shows that about 10 billion active probiotic cultures per day may help shorten the length of a cold and reduce symptoms.

FRUITS AND VEGETABLES About 200 milligrams of vitamin C daily before you get a cold may slightly reduce cold symptoms and help make the cold go away faster. Getting the recommended seven to eight servings of fruits and vegetables daily will give you enough vitamin C, says Rosenbloom. Some of the best sources: red peppers, oranges and strawberries.

ZINC-RICH FOODS Studies show taking zinc within 24 hours of getting a cold may help lessen symptoms. Studies use 23 milligram supplements daily, says Rosenbloom. But, you also get the mineral in beef, crab, turkey, pork and

chicken as well as beans, nuts and pumpkin seeds.

VITAMIN D-RICH FOODS Vitamin D helps keep immune cells functioning properly too, says Kristen Schiener, a registered holistic nutritionist in Toronto. The best sources are eggs, fatty fish, beef liver and calf liver.

FATTY FISH Schiener says omega 3 essential fatty acids also play a critical role in the immune system. The best food source is fatty fish such as salmon, hering, mackerel and sardines.

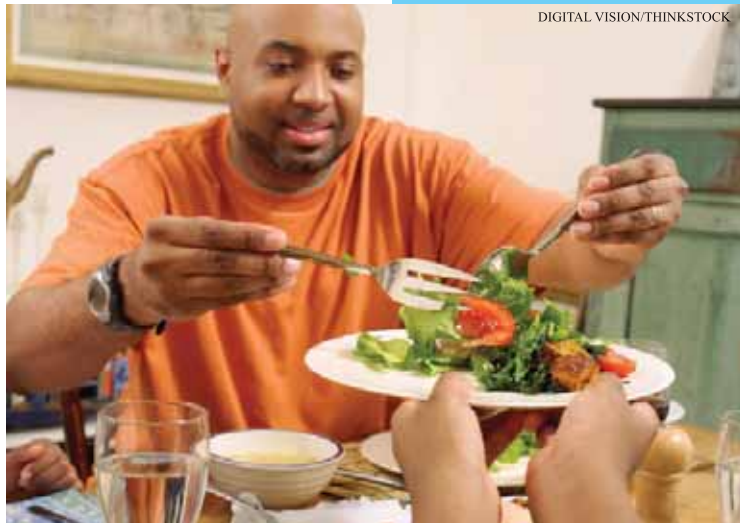
— Ylva Van Buuren

FEED A COLD, STARVE A FEVER?

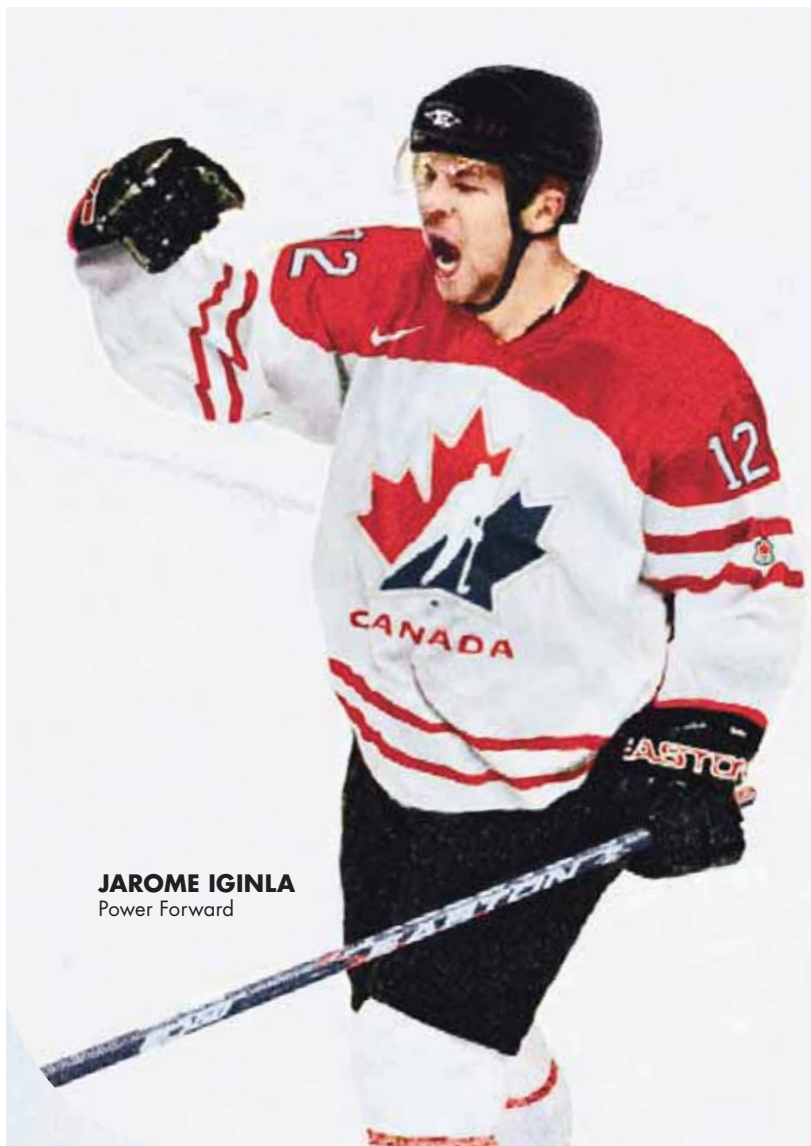
Don't do it, according to the Dietitians of Canada website. Whether you have a cold or flu, the association recommends eating smaller, more frequent meals and snacks to support the body's defences. What you don't want to feed your body with are foods high in sugar or saturated fats. Eating sugar actually causes your immune function to go down, says Schiener. Bad fats also interfere with the efficiency of the immune system.

DRINK UP

“Viruses and bacteria get into our bodies when our membranes get dried out in the nose and back of throat,” says Schiener. “The more lubricated your body, the easier it is for us to fight off infection and keep germs out.” Schiener recommends clear fluids like herbal teas and water. If water is boring, add a splash of fruit juice.



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Shawarma with a Tuna Twist

Preparation:

1 Sauce: In bowl, stir yogurt, cucumber, dill, garlic, lemon juice. Cover, refrigerate.

2 In another bowl, combine tuna and cumin.

Divide tuna mix along centre of each pita. Top with lettuce, onion, tomato. Top with pickle and cucumber. Drizzle sauce roll pita up. ●

EMILY RICHARDS/ CLOVER LEAF

Ingredients:

- 1 can (85 g) each flaked light tuna (lemon-pepper, garlic-hot pepper)
- 5 mL (1 tsp) cumin
- 2-25 cm (10 inch) pitas
- Half tomato, diced
- 2 each romaine lettuce leaves (shredded), red onion

slices, dill pickle spears, cucumber ribbons

Cucumber and Dill Sauce:

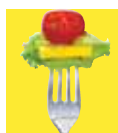
- 45 mL (3 tbsp) plain yogurt
- 30 mL (2 tbsp) diced cucumber
- 15 mL (1 tbsp) chopped dill
- 1 clove garlic, minced
- 5 mL (1 tsp) lemon juice

9 + Nine = Tasty Chinese food

► If you know what to order at this authentic Chinese restaurant, you'll end up with a great lunch ► The Szechuan Shredded Pork is a standout dish

LUNCH RUSH

VALERIE MANSOUR
FOOD@METRONEWS.CA



When you're the only non-Chinese patron in a Chinese restaurant, you've made a wise choice. And when a beautiful plate of steamed fresh fish — not on the menu — goes by your table, you realize you should become a regular.

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► Szechuan Shredded Pork \$11.50

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Rating: 3 out of 5

Pork (\$11.50) is worth a return alone. It is spicy, substantial and colourful with strips of pork, noodles, shiitake mushrooms and red and green peppers.

It makes up for my Meat

Vegetable Roll (\$1.95) that's heavy on the meat and light on the veggies, not to mention my pal's lacklustre Beef with Black Pepper Sauce (\$8.95). One of the daily lunch specials, it is ac-

companied by a mushy spring roll and fried rice that's saved by the powerful house-made chilli oil.

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TALKING TIPS

CHARLES THE BUTLER



ASKCHARLES
THEBUTLER@
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FOR MORE, VISIT
CHARLES
MACPHERSON.COM

This is my last article from my trip to China. While having dinner in Shanghai recently at a fantastic restaurant called The Bund, we started talking to the table beside us.

This wonderful group of 10 turned out to be fellow commonwealth members, from Australia, vacationing through China. At some point someone asked "does anyone know when and who to tip in a hotel?"

The group at my table laughed and said, "Charles, do you want to answer that question?"

That's such a great question I had to jump in. Now, first I think you might like to know that the word "tip" stands for, which is "to insure promptness." Originally a tip used to be given before you asked for a service so that you could ensure good, quick and professional service. Today it is customary to give a tip after the service is performed.

So the short answer is you can give a tip to anyone who goes out of his or her way to help you, but below



► The bellman at a hotel should be tipped.

is a basic chart to help guide you. Now I have purposely left out how much to tip, because that is truly dependent on where you are in the world, what kind of hotel you are staying at and how generous a tipper you are.

People you should tip in a hotel

- Bellman who carries your luggage to and from your room.
- Housekeeper who cleans your room (most forgotten employee).
- Concierge who makes your reservations and/or advises you on local plans and information.
- Waiter/waitress in the restaurant.
- Room service. Although they generally already have a gratuity added to the invoice, most still give a little additional gratuity.
- Car jockey when they return your car.

HAVE A QUESTION? EMAIL CHARLES AT
ASKCHARLESTHEBUTLER@
METRONEWS.CA.

Date Night



► Check to see if any pubs in your area offer trivia nights.

Ideas for your next date

1 Q & Play

Put your useless knowledge to the test at a local trivia night. Check pubs in your area — many offer some sort of Q&A evening. Team up with your partner to become one unstoppable quiz-show force.

2

Cache me if you can! Who doesn't love a good treasure hunt? Go geocaching! Join in a public cache or "bury" your own treasure and have your guy or girl get searching.

3

Back to the future Will you have a white-picket fence and 2.5 kids someday? Is a promotion just around the corner? Will the Cubs

ever win a World Series? Find out your future forecast together by visiting a palm reader.

4

Early birdies Watch the world wake up. Set your alarms for 5 a.m. some Saturday. Head to a lookout or good vantage point to see your town at a glance. Curl up in a blanket, sip some cof-

fee and watch your city come alive.

5

You and the ___ factory While it may not seem sexy, a factory tour can get your blood pumping! Find out how your fave sinful goodies are made: Think chocolate or booze!

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ON MONEY

ALISON GRIFFITHS
MONEY@METRONEWS.CA

Are you challenged? According to the November study of Canada's 5.8 million residential mortgages by the Canadian Association of

Accredited Mortgage Professionals, (CAAMP), 12 per cent of homeowners would feel the pinch if their mortgage rate rose by less than one per cent.

At the same time, 36 per cent of homeowners have been making heightened

efforts to pay down their mortgage through increased monthly payments, lump sums, more frequent payments or a combination. This is heartening news, but is it the best strategy? Probably yes if a mortgage is your only debt,

but probably no if you owe money elsewhere.

The first step to finding the right course of action is to make a list of everything you owe, including principal, interest rate and the payments you typically make.

Doing the math

A rate hike of 1% will increase the average Canadian mortgage by \$77 a month.

▶ A hike of 2% increases it by \$158 monthly.



▶ **Alison's money rule:** Before increasing mortgage payments tackle higher interest debt first.



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During the past year, the average rate for fixed rate mortgages according to CAAMP was 3.88 per cent.

Other borrowing can range from four per cent for home equity lines of credit (though obviously those with top credit rating will get better rates) to 29.99 per cent for some bank and retail credit cards.

Let's suppose you're one of the 36 per centers and are accelerating mortgage payments. But let's also suppose you have credit card and credit line debt of \$25,000 with a combined (weighted) interest rate of 10 per cent (both roughly the Canadian average).

If your non-mortgage debt payments are \$500 it will take you 300 months or 25 years to retire the debt and you'll spend over \$17,000 on interest along

the way. Ouch! However, if you just pay the required minimum on your (for now) cheap mortgage and accelerate payments on your other debt the picture looks better.

By increasing your credit line/credit card payments to \$750 the debt vanishes in 40 months and interest costs decrease to \$4,400.

At that point you can turn the entire consumer debt payment of \$750 to your mortgage and it will begin to disappear very quickly. Now that's real protection from interest rate increases! Don't forget that personal and home equity lines of credit are just as vulnerable to rate hikes.

ALISON GRIFFITHS IS THE AUTHOR OF THE UPCOMING BOOK COUNT ON YOURSELF: TAKE CHARGE OF YOUR MONEY. REACH HER AT ALISONGRIFFITHS.CA OR GRIFFITHS.ALISON@GMAIL.COM.

GIVING GUIDELINES
FUN AND FRUGAL

aside \$500 and have to buy gifts for 10 people while your money may have \$1,500 to spend on five people.

If your holiday budgets are significantly different, talk about it! Does it make you uncomfortable? Is your partner OK if the value of their gift is much different from yours? If you're not cool with the budget disparity, pitch the idea of setting a limit like \$100 per person.

If you can't agree on a dollar value, consider putting money toward a joint gift like a weekend trip to the mountains. Better yet, make a donation or volunteer together at your favourite charity.

Remember that in lean times couples often don't exchange any gifts. Rather, they'll swap homemade cards or enjoy free festive activities like viewing holiday displays or playing shinny hockey with neighbours.

FOR LESLEY SCORGIE'S FULL COLUMN VISIT METRONEWS.CA

LESLEY SCORGIE

MONEY@METRONEWS.CA



Picture this: It's Christmas morning and you swap presents with your honey bunny. Surprise! You get a \$600 iPad and a terrible sinking feeling in your stomach because you only bought a \$50 sweater. Whether or not you could have spent more, you feel guilty.

Have you talked to your Holiday Honey about what you plan to spend on each other this season? A simple conversation can save you sleepless nights, loads of guilt, and hundreds of dollars.

While you're making dinner, ask your partner what they'd like for Christmas. Then talk about what both of your holiday budget limitations are. For example, you may have set

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STANDINGS

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*QUEBEC (7)	16	4	3	35
*DRUMMOND	11	12	2	24
SHAWIN (10)	16	6	3	35
VICTO. (4)	16	8	1	33
RIMOUSKI	14	11	0	28
HALIFAX	13	6	2	28
MONCTON	13	11	1	27
CHICOUTIMI	11	8	5	27
BAIE-COMEAU	12	10	0	24
GATINEAU	11	10	1	23
B.-BOISBRIAND	11	12	1	23
VAL-D'OR	10	14	2	22
BATHURST	9	12	3	21
CAPE BRETON	9	13	1	19
R.-NORANDA	7	15	2	16
P.E.I.	6	16	3	15

*DIVISION LEADER, (#) NATIONAL RANK

UPCOMING GAMES

- Friday, Halifax at Drummondville, 8 p.m.
- Saturday, Halifax at Quebec, 8 p.m.
- Sunday, Halifax at Rimouski, 5 p.m.
- Thursday, Nov. 24, Cape Breton at Halifax, 7 p.m.
- Friday, Nov. 25, P.E.I. at Halifax, 7 p.m.

QMJHL POINTS LEADERS

PLAYERS	G	A	PTS
GOURDE, VICTO.	13	29	42
O'BRIEN, BATHURST	21	20	41
S. TRUDEAU, BATHURST	14	25	39
BISSENETTE, BATHURST	17	20	37
B.-MORRISSETTE, DRUM.	17	18	35
AL. SAULNIER, MONCTON	13	22	35
PHILLIPS, SAINT JOHN	12	23	35
GRIGORENKO, QUEBEC	16	18	34
GAUTHIER, SAINT JOHN	22	11	33
BROUILLARD, DRUMMOND	13	19	32
MACKINNON, HALIFAX	12	20	32

NBL of Canada

STANDINGS

	W	L	Pct	GB
LONDON	4	1	.800	—
SUMMERSIDE	3	1	.750	0.5
QUEBEC	3	3	.500	1.5
HALIFAX	2	2	.500	1.5
SAINT JOHN	1	3	.250	2.5
MONCTON	0	4	.000	3.5

UPCOMING GAMES

- Friday, Saint John at Halifax, 7 p.m.



► Rainmen guard Joey Haywood, left, chases down a loose ball during Sunday's game at the Metro Centre.

Haywood's AUS success carries over to Rainmen

- Fresh out of university, Haywood gets weekly NBL of Canada honour
- Piles up 38 points combined in back-to-back Rainmen home wins



MATTHEW WUEST
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One of the most prolific scorers in Atlantic University Sport history is showing just as much offensive pop as a professional.

Joey Haywood, whose 24.8 points-per-game average in three years with the Saint Mary's Huskies is easily No. 1 among AUS's top-20 all-time scorers, has been named National Basketball League of Canada player of the week after piling up 38 points in two Rainmen

home wins.

"It feels great," the Vancouver native said. "This is my second home, so playing in front of my friends and fans is cool. It's so fun."

Haywood, whose 575 points in just 20 games last season smashed AUS's single-season scoring record, had one more year of eligibility at Saint Mary's. He had hoped to be selected in the NBA D-League draft on Nov. 3, but decided to sign with the Rainmen when he was passed over.

The Rainmen have used Haywood as both a point

guard and shooting guard.

"His potential is unlimited to what he can become as a player," said Rainmen owner Andre Levingston. "You don't usually see a rookie come in and make the impact he's made. He's a unique player. When you see a player as explosive as he is on the offensive end, they usually tend to rest on defence. He doesn't. He plays 100 per cent all the time."

Haywood said the National Basketball League of Canada is a big step up.

"It's way more physical,"

Wright on top

Lawrence Wright leads the Rainmen and the league in scoring through four games with a 19.5 points-per-game average.

- Eric Crookshank tops the Rainmen in rebounds and is third in the league with 10.6 per game, with Wright behind him with 7.2.

Haywood said. "Guys are holding me and everything, but you've just got to play through it."

4

sports

Quoted



"The Phillies showed they were interested in me and I wanted to make this decision quick and get it over with."

FORMER RED SOX CLOSER JONATHAN PAPELBON AFTER HE FINALIZED A \$50 MILLION US, FOUR-YEAR CONTRACT WITH THE PHILLIES YESTERDAY.

Halifax adds size at Buford's expense

The Halifax Rainmen shook up their roster yesterday after back-to-back wins.

The Rainmen, 2-2, cut forward Shawn Hawkins, traded ex-NBA guard Rodney Buford to the London Lightning for six-foot-six forward Tyrone Levitt, and signed six-foot-nine centre Stevy Worah-Ozimo.

The moves are designed to give the guard-heavy Rainmen more size, rebounding prowess and en-

ergy, owner Andre Levingston said.

Buford averaged 11.7 points per game in four contests with Halifax, while Levitt averaged 4.4 points and 4.4 rebounds for London.

"We're really making a commitment on the defensive end and (Levitt) has an incredible motor," Levingston said. "He doesn't have the offensive skills but he does all that dirty stuff

around the basket."

Worah-Ozimo, who fills the void left when the Rainmen cut DeAndre Thomas, played NCAA Division I at North Carolina Central.

"He has an extremely high motor, rebounds his (butt) off," Levingston said.

Hawkins, the grandson of former NBA all-star Connie Hawkins, missed 23 of 30 shots in four games and averaged 7.5 points.

● MATTHEW WUEST



► Rodney Buford, at left.

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FRANK GUNN/THE CANADIAN PRESS

► From left, Doug Gilmour, Mark Howe, Joe Nieuwendyk and Ed Belfour at the Hockey Hall of Fame in Toronto yesterday.

Greatness from unlikely places

► Latest Hockey Hall of Fame class highlights different ways to reach top

There is no one certain path to the pinnacle of a sport.

As Joe Nieuwendyk, Ed Belfour, Doug Gilmour and Mark Howe took their place in the Hockey Hall of Fame yesterday, they reflected on careers that looked nothing alike but ended with them standing together on the sport's grandest stage.

"It's what makes it such a special place," said Nieuwendyk. "I think the

common bond with a lot of these faces that I see on the walls ... is a real genuine passion and a love for the game and high competitive spirit in all of us."

Nieuwendyk attended Cornell at a time when the NCAA route was far less travelled and went on to win Stanley Cups with three different teams.

Belfour was considered eccentric, but managed to compile the third most victories in NHL history de-

spite never being drafted.

Gilmour was selected in the seventh round in 1982 and wound up playing almost 1,500 career games with a heart-and-soul style that belied his modest size.

Howe grew up in the shadow of his legendary father Gordie and began his pro career as a winger before later becoming one of the NHL's best defencemen.

As a kid, Gilmour would make a trip to the Hockey Hall of Fame each summer.

He never imagined that he'd one day have his own plaque alongside all of the game's greats.

"I'm five-10 and maybe a (155 pounds) at the time," said Gilmour. "(Blues coach) Jacques Demers said, 'Can you check?' I said, 'OK.' Because all I wanted to do was stay there."

"To say at that very point where I'd be today? No, I would have never expected that." **THE CANADIAN PRESS**

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Miscellaneous

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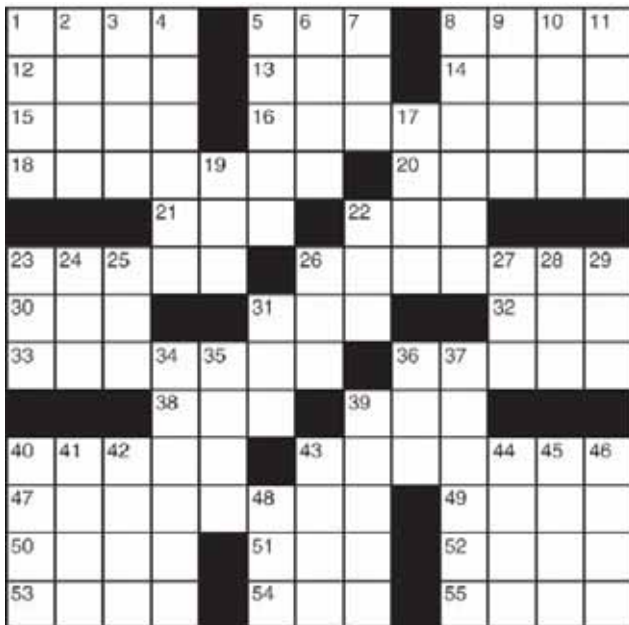
Crossword

Across

- 1 Dispatch a dragon
- 5 Pharm. watchdog org.
- 8 Spades or hearts
- 12 Former larva
- 13 Writer Fleming
- 14 Leading man?
- 15 CEO, e.g.
- 16 Poisonous metallic element
- 18 "— Overcome"
- 20 In a proper way
- 21 Attempt
- 22 Eggs
- 23 Intersection
- 26 Green onion
- 30 Tavern
- 31 Jewel
- 32 Rage
- 33 Not deep
- 36 Moist poultry
- 38 Ump's call
- 39 Scoundrel
- 40 Butter substitutes
- 43 Braided bread
- 47 Thurgood of the Supreme Court
- 49 Tittle
- 50 Rim
- 51 Dove's call
- 52 Siblings' biz abbr.
- 53 Night light?
- 54 Optical organ
- 55 Ninth mo.

Down

- 1 Jet forth
- 2 Sumptuousness
- 3 Tarzan's pals
- 4 America's Cup contenders
- 5 In a proper way
- 6 Willy Wonka's cre-

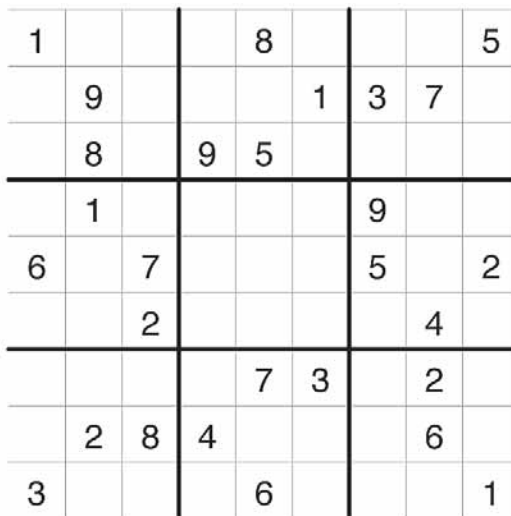


- 7 Literary collection
- 8 Female friend
- 9 Mine entrance
- 10 Manhandle
- 11 TV trophy
- 17 Volcanic outflow
- 19 They're between kues and esses
- 22 Resistance unit
- 23 Letterman's network
- 24 "Go team!"
- 25 Man-mouse link
- 26 Stitch
- 27 Fleur-de- —
- 28 Table scrap
- 29 Shirt shape
- 31 Understood
- 34 Untie
- 35 Thriving
- 36 Sheep's call
- 37 Extemporizes
- 39 Actress Sevigny
- 40 Portent
- 41 Stow cargo
- 42 As a result
- 43 Satiated
- 44 Traditional tales
- 45 On
- 46 Own, Biblically
- 48 Expert

► Yesterday's answer



Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ►

4	1	7	6	9	3	8	2	5
5	8	6	2	4	1	9	3	7
3	2	9	7	5	8	4	6	1
1	9	5	4	3	2	6	7	8
8	6	3	5	7	9	2	1	4
2	7	4	8	1	6	3	5	9
7	3	1	9	6	4	5	8	2
6	4	8	1	2	5	7	9	3
9	5	2	3	8	7	1	4	6

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FROM PIE

Forever Prince Charming My sweet Darling, I miss everything about you! I feel happier and stronger when I see yr bright smile... Xmas party is around the corner, wish you'll be there! I can't wait to be with you... Just a kiss will make my dream come true...

FROM C. L. SNOW WHITE

Today's horoscope

♈ Aries March 21-April 20 You will find it harder than usual to tell fact from fiction today, especially where relationships and other one-to-one contacts are concerned.

♉ Taurus April 21-May 21 Attitude is everything, especially on the work front.

♊ Gemini May 22-June 21 You would be wise not to make any big decisions or announcements today.

♋ Cancer June 22-July 22 You are in danger of making something appear bigger and more menacing than it really is.

♌ Leo July 23-Aug. 23 Don't be

too eager to make up your mind about something, because you do not have all the facts.

♍ Virgo Aug. 24-Sept. 22 You can usually be counted on to put logic before emotion, but today you will go right the other way and act on feelings alone.

♎ Libra Sept. 23-Oct. 23 Different people seem to be telling you conflicting things and you're at a loss to know who to trust. Trust no one.

♏ Scorpio Oct. 24-Nov. 22 You are reading too much into a situation that is really quite simple.

♐ Sagittarius Nov. 23-Dec. 21 If knowledge is power then it

For today's crossword answers and for expanded horoscopes, go to metronews.ca

stands to reason that the more knowledge you keep to yourself the more powerful you will be.

♑ Capricorn Dec. 22-Jan. 20 Someone is saying nasty things about you.

♒ Aquarius Jan. 21-Feb. 18 You could easily convince yourself to believe that you can do or say anything without repercussion, but that is a very dangerous attitude to take.

♓ Pisces Feb. 19-March 20. You may think that supporting a certain cause makes the world a better place, but is that really true?

● SALLY BROMPTON

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